

# November 2025 – NHS Swimming Schedule

## Updated 16Oct2025 – (Subject to Change)

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>ALL Swimmers new to Competitive Swimming should attend the Swimming Clinic, starting Oct 28<sup>th</sup> →</b>	<b>Oct 27</b> Clinic&Practice <b>BEGIN!</b> CL 3:20-5:30 PR 3:20-5:30 DL <i>(Team Suit Sizing)</i>	<b>Oct 28</b> Clinic&Practice CL 3:20-5:30 DL PR 3:20-5:00 <i>(Team Suit Sizing)</i>	<b>Oct 29</b> Clinic&Practice CL 3:20-5:30 PR 3:20-5:30 DL <i>(Team Suit Sizing)</i>	<b>Oct 30</b> Clinic&Practice CL 3:20-5:30 DL PR 3:20-5:00 <i>(Team Suit Sizing)</i>	<b>Oct 31</b> No <i>Clinic&amp;Practice</i> <b>Order Team Suits</b>	<b>Nov 1</b>
<b>2</b> DL = Dryland Training (Bring sneakers, shorts & a t-shirt on those days)	<b>3</b> Clinic&Practice CL 3:20-5:30 PR 3:20-5:30 DL	<b>4</b> Clinic&Practice CL 3:20-5:30 DL PR 3:20-5:00	<b>5</b> Clinic&Practice CL 3:20-5:30 PR 3:20-5:30 DL	<b>6</b> Clinic&Practice CL 3:20-5:30 DL PR 3:20-5:00	<b>7</b> No <i>Clinic&amp;Practice</i>  <i>Team Captain Candidates?</i>	<b>8</b> Practice Groups Confirmed ~ Purple (P) ~ ~ Black (B) ~
<b>9</b> P = Purple Practice B = Black Practice CL = Clinic	<b>10</b> <span style="background-color: cyan; color: black;">NO PRACTICE</span>	<b>11</b> P 3:20-5:30 B 3:20-5:00	<b>12</b> P 3:20-6:00 DL B 3:20-5:30DL	<b>13</b> <span style="color: red;">Physical Packets MUST be in!</span> P 3:20-5:30 B 3:20-5:00	<b>14</b> <span style="background-color: cyan; color: black;">First Mandatory Practice</span> P 3:20-6:00 DL B 3:20-5:30DL	<b>15</b>
<b>16</b>	<b>17</b> <i>Team Captain Ballots</i> <span style="background-color: cyan; color: black;">NO SCHOOL</span> P 3:20-6:00 DL B 3:20-5:30DL	<b>18</b> <span style="background-color: cyan; color: black;">3:00 Code of Conduct Meeting (Auditorium)</span> P 3:00-5:30 B 3:00-5:00	<b>19</b> P 3:20-6:00 DL B 3:20-5:30DL	<b>20</b> P 3:20-5:30 B 3:20-5:00 <span style="background-color: cyan; color: black;">6:00 All Parents/Booster Meeting (Auditorium)</span>	<b>21</b> <i>Team Leaders Announced</i> Time Trials & Pizza ALL 3:20-7:00	<b>22</b> <span style="background-color: yellow;">9:00 Scrimmage at Mechanicsburg</span>
<b>23/30</b> 	<b>24</b> P 3:20-6:00 DL B 3:20-5:30 DL	<b>25</b> P 3:20-5:30 B 3:20-5:00	<b>26</b> <span style="background-color: cyan; color: black;">NO SCHOOL</span> P 3:20-6:00 DL B 3:20-5:30DL	<b>27</b> <span style="background-color: cyan; color: black;">NO SCHOOL</span>  HAPPY THANKSGIVING!!!	<b>28</b> <span style="background-color: cyan; color: black;">NO SCHOOL</span> P 3:20-6:00 DL B 3:20-5:30 DL	<b>29</b> P 8:00-10:00 B 8:00-9:30